

# On Aging

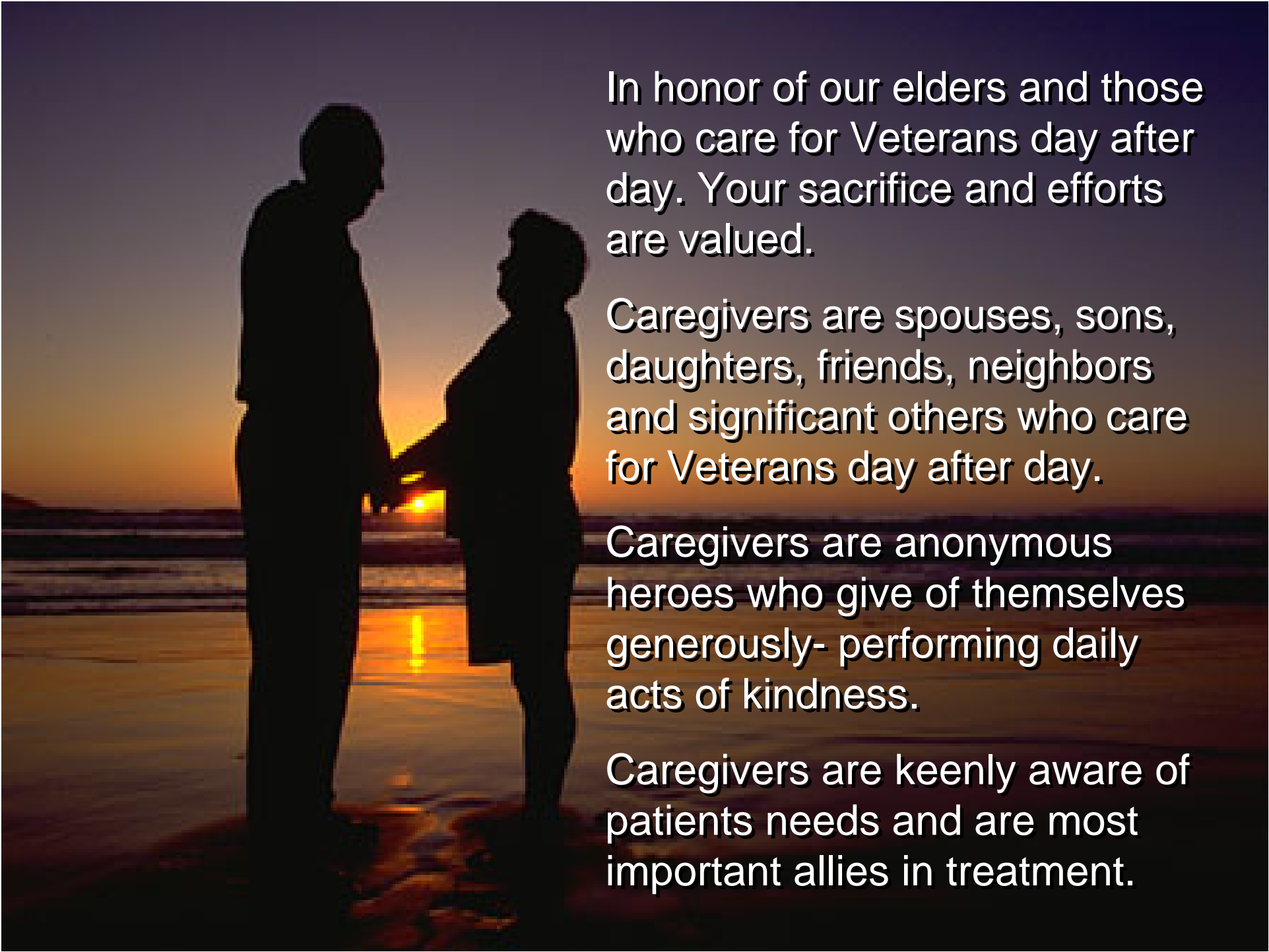
*By Rev. Marie Mawearu Crooke*

A seed that is planted  
Inside  
Mother Earth  
A tree that grows tall  
Leaves that begin  
At the start of a branch  
Aging by the sun  
That feeds them  
That lights them.  
A gift of life  
Growing all the senses  
Birthing into a new world.  
Returning after  
A long journey  
Back to Mother Earth.

**Bronx VA Medical Center**

# **Caregiver Project**



A photograph showing the silhouettes of a man and a woman standing on a beach, holding hands. They are facing each other, looking down at their joined hands. The background is a sunset over the ocean, with the sun low on the horizon, creating a warm orange glow that reflects on the water and the wet sand. The sky transitions from a deep orange near the horizon to a dark purple at the top.

In honor of our elders and those who care for Veterans day after day. Your sacrifice and efforts are valued.

Caregivers are spouses, sons, daughters, friends, neighbors and significant others who care for Veterans day after day.

Caregivers are anonymous heroes who give of themselves generously- performing daily acts of kindness.

Caregivers are keenly aware of patients needs and are most important allies in treatment.

The Bronx VA is committed to providing quality care to Veterans throughout the life cycle...from young adulthood to old age.

The Caregiver Project will provide care to Veterans who may benefit from structured activities on:

**Every Friday  
(for 8 weeks)  
9:00am to 2:00pm**



During this time Caregivers will have the opportunity to rest and engage in self-care activities.

It is well known that in order to take care of others we must take good care of ourselves.

The Caregivers Project hopes to pave the way for programs that may enrich the lives of patients and caregivers.



**For more information,  
please call (718) 584-9000:**

Carmela Aponte, CSW  
extension 3437

Helen Bradley, CSW  
extension 5339

Linda Torres, CSW  
extension 6946

